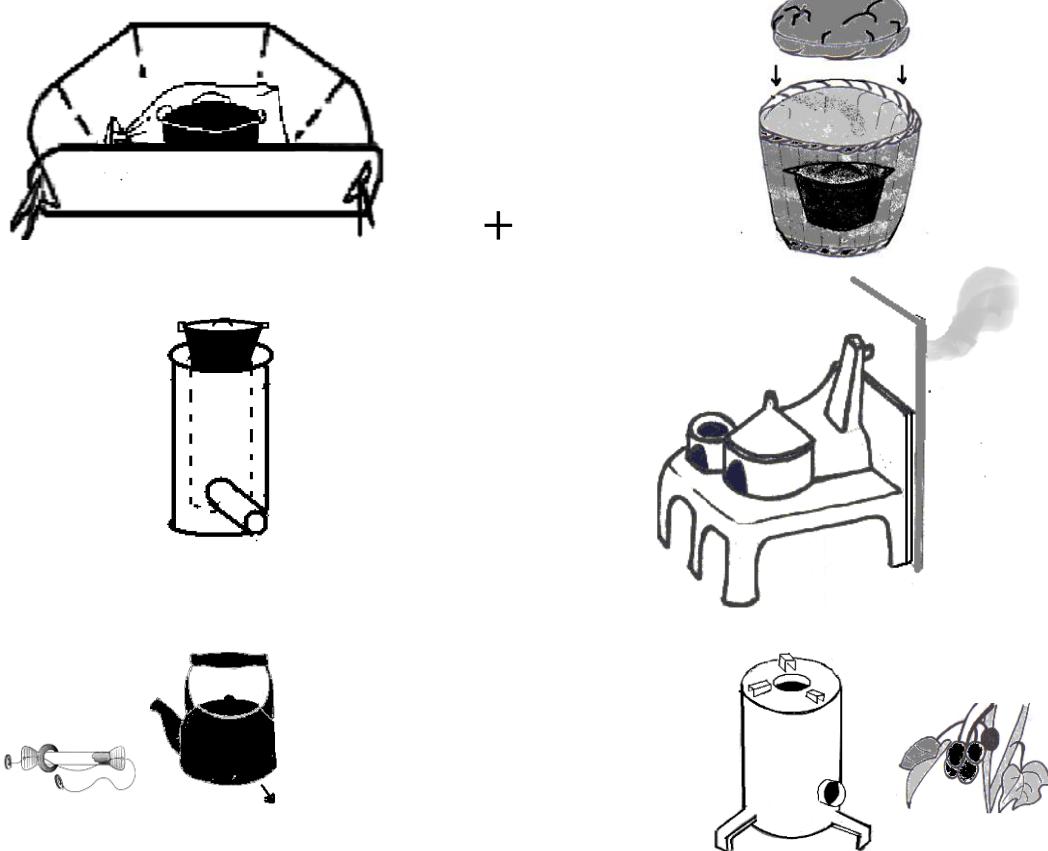




# HOW TO USE ISSC

## Integrated Sustainable Solar CooKing

### Instruction leaflet for end users



Horn of Africa Regional Environment Center and Network Addis Ababa University  
 Addis Ababa, Ethiopia      T: +251 -(0) 11 -655022 6 ; F: +251(0)11    -1239469  
[info@hoarec.org](mailto:info@hoarec.org)   [www.hoarec.org](http://www.hoarec.org)

(HoA -REC/N -AAU )

**Solar Cooking Foundation The Netherlands, (SCN)**  
 Zevenend 10, 1251RN, Laren The Netherlands. Tel: +31 35 5312018  
[post@solarcooking.nl](mailto:post@solarcooking.nl) ; [www.solarcooking.nl](http://www.solarcooking.nl)

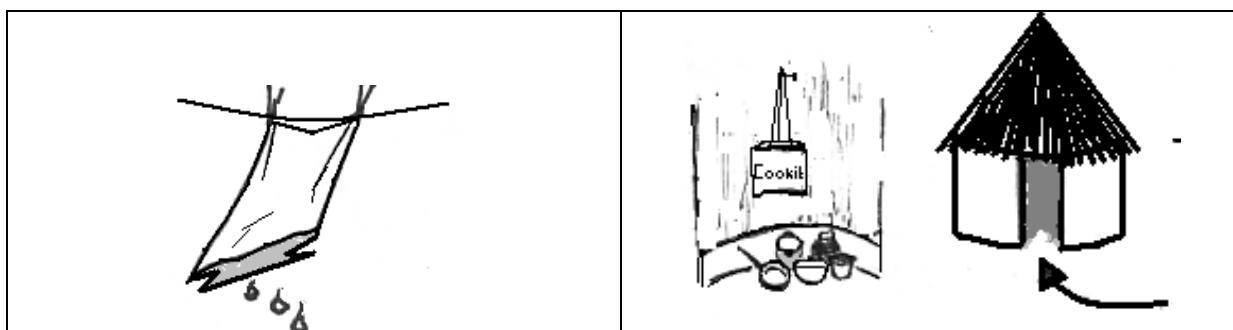
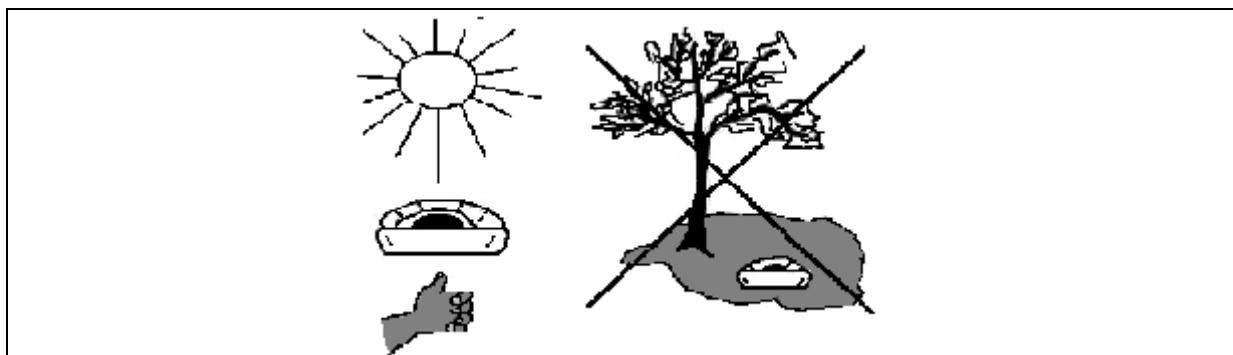
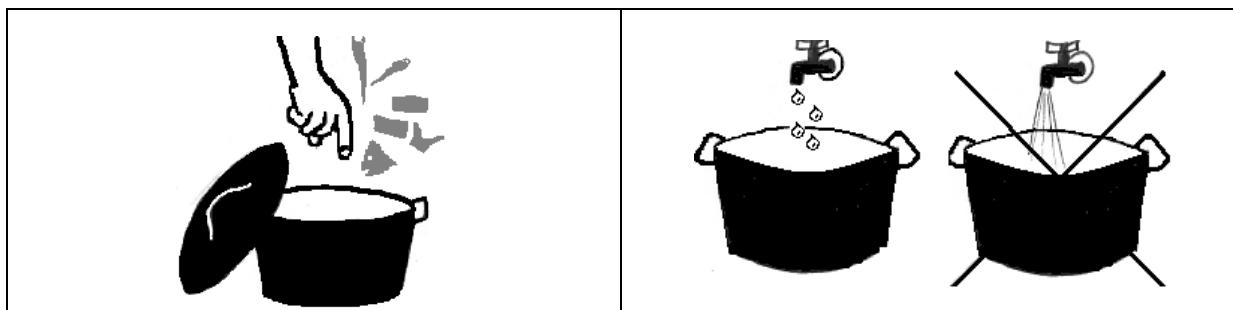
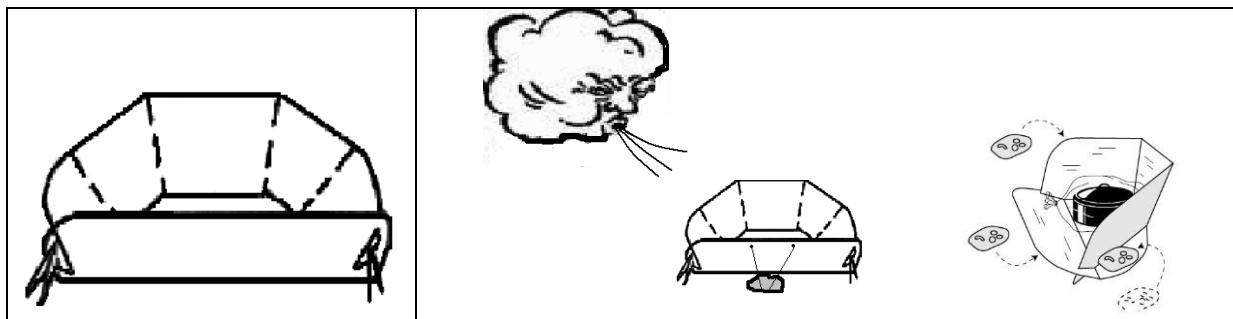
Design :  
 Solar Cooking Foundation The Netherlands (SCN)  
 Jacomine Immink and Clara Thomas ; Lianne Faili: english translation

Other sources:  
 Solar Cookers International, Sacramento, California, U.S.A.  
[www.solarcookers.org](http://www.solarcookers.org)  
 KOZON Wageningen The Netherlands   [www.kozon.org](http://www.kozon.org)

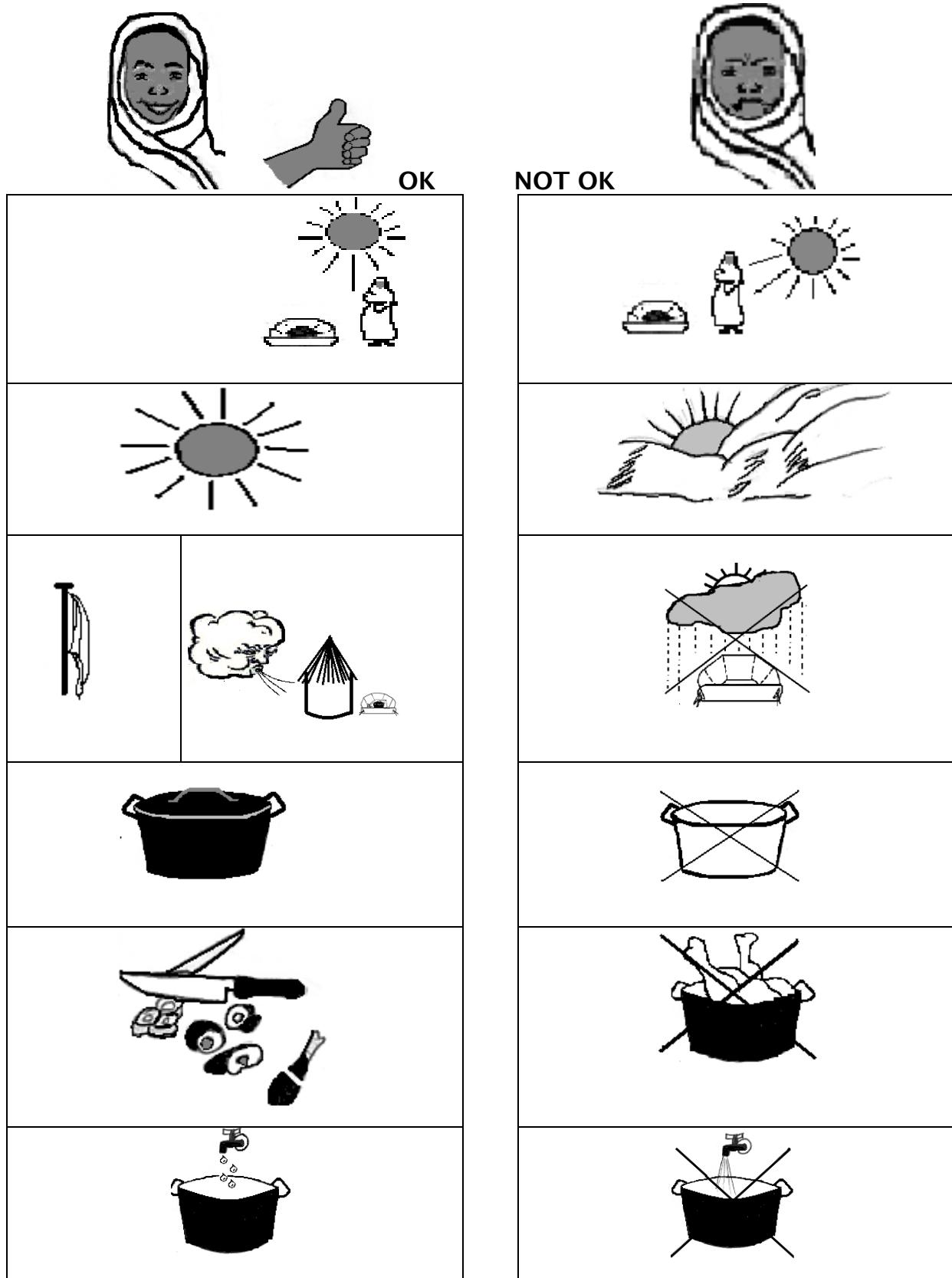
How to use the CooKit, Heat retention basket,  
 Fuel Saving Stoves, WAPI

HoA-REC/N, Addis Ababa, Ethiopia  
 SCN, the Netherlands   march 2011

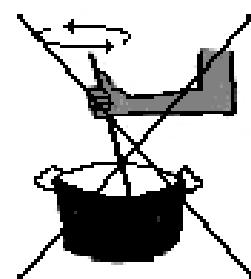
## THE START



### 1.3. Cooking speed

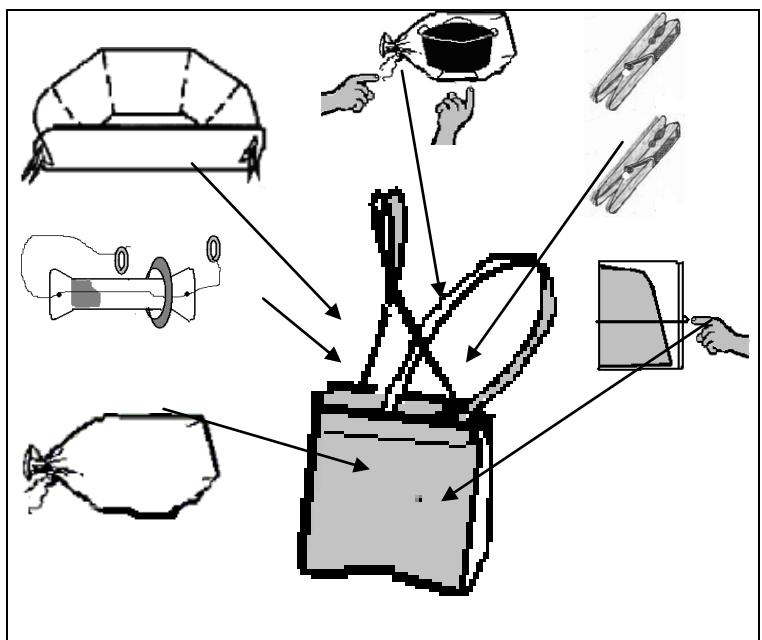
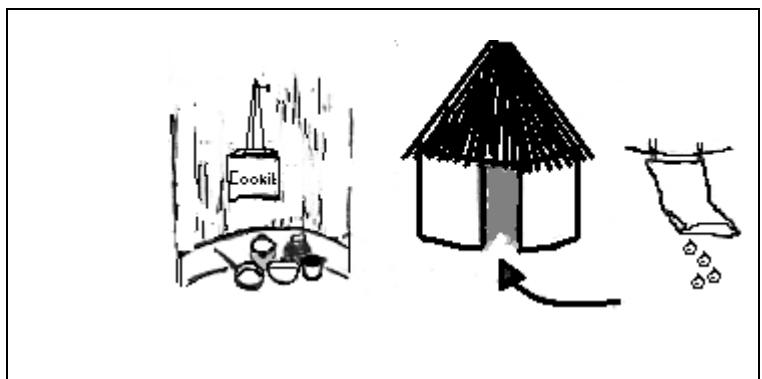
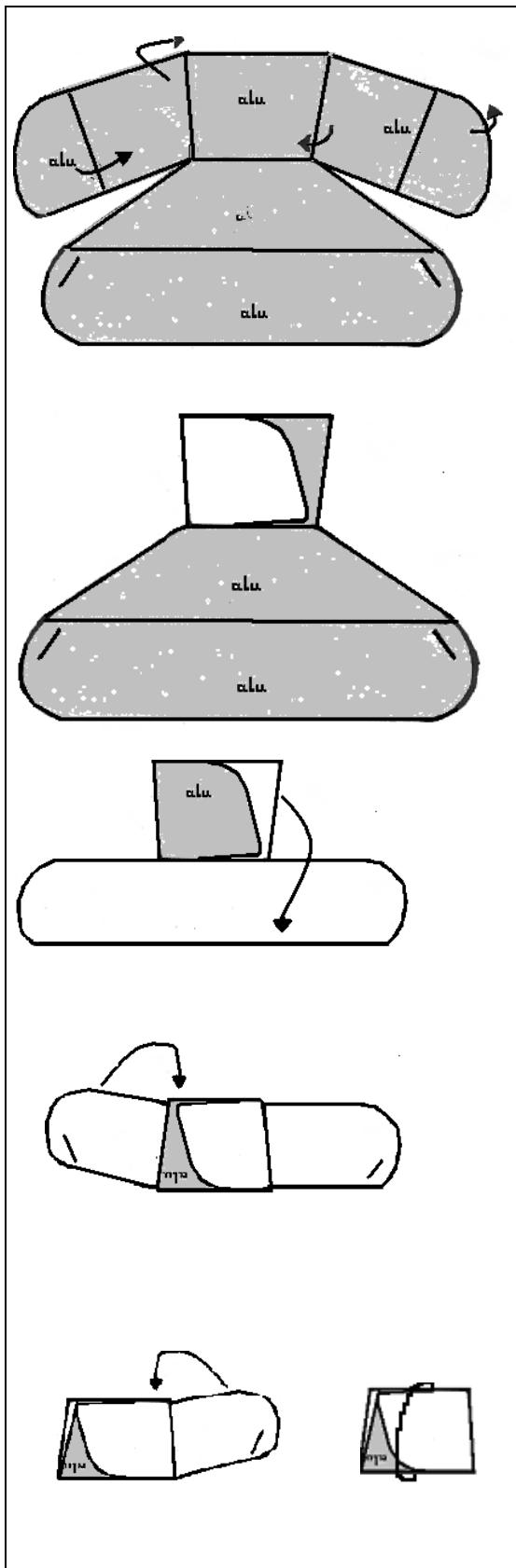


### 1.4. Cooking hours

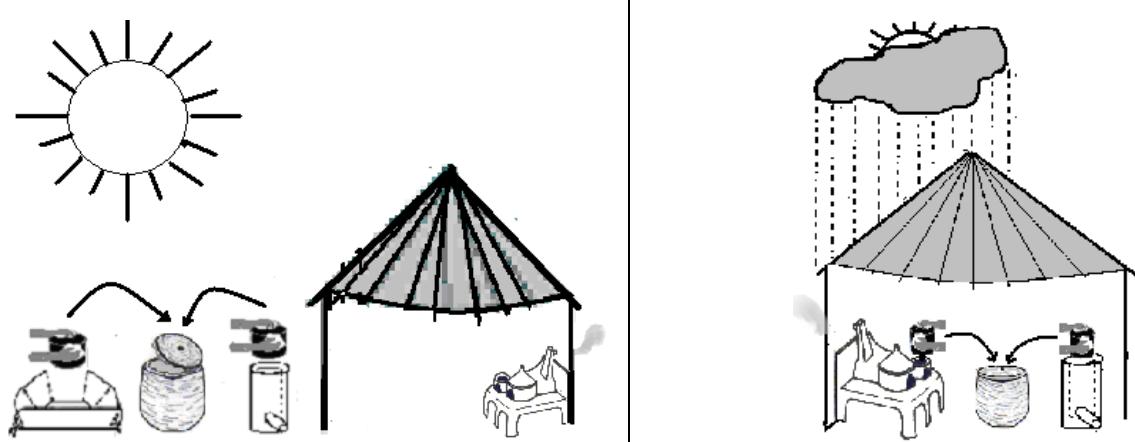
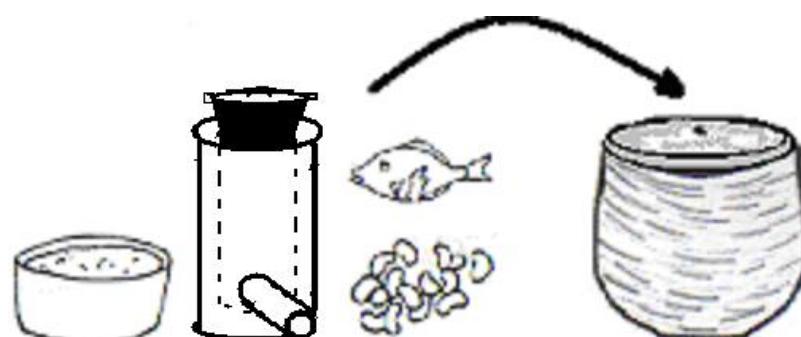


<b>EASY TO COOK</b> 	  <b>1 – 2 hours</b>
	  <b>3 – 4 hours</b>
	  <b>5 – 8 hours</b>

## FOLDING INSTRUCTIONS



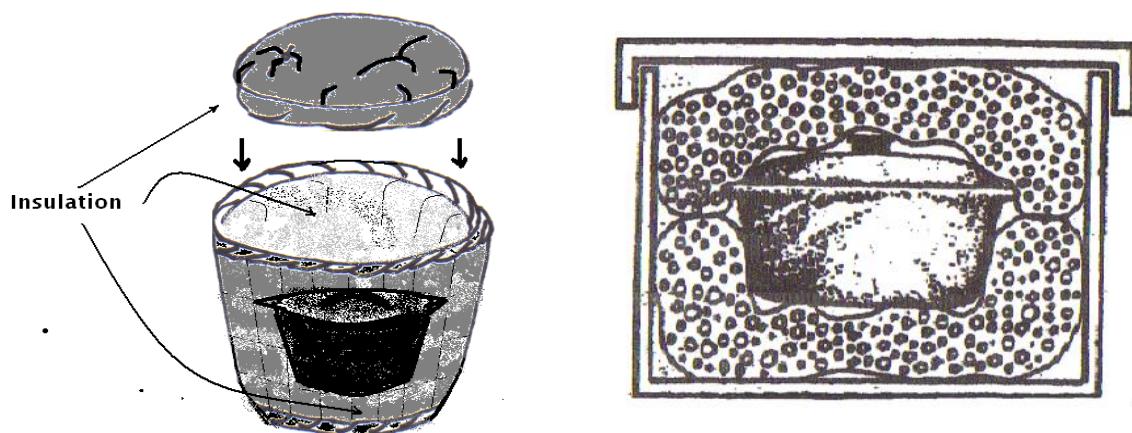
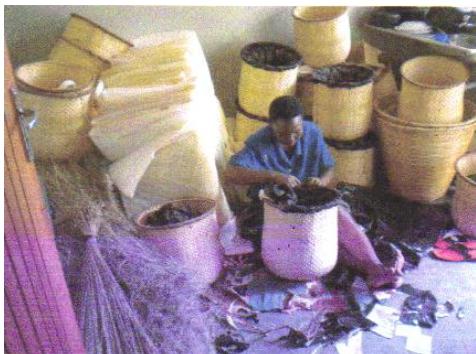
## 2. HOW TO USE HEAT RETENTION BASKET or THERMAL BOX



How to use the CooKit, Heat retention basket,  
Fuel Saving Stoves, WAPI

HoA-REC/N, Addis Ababa, Ethiopia  
SCN, the Netherlands march 2011

Cookers	Pieces of wood	
		10
		5
		0
		2
		4



How to use the CooKit, Heat retention basket,  
Fuel Saving Stoves, WAPI

HoA-REC/N, Addis Ababa, Ethiopia  
SCN, the Netherlands march 2011

### 3. HOW TO USE THE WAPI

